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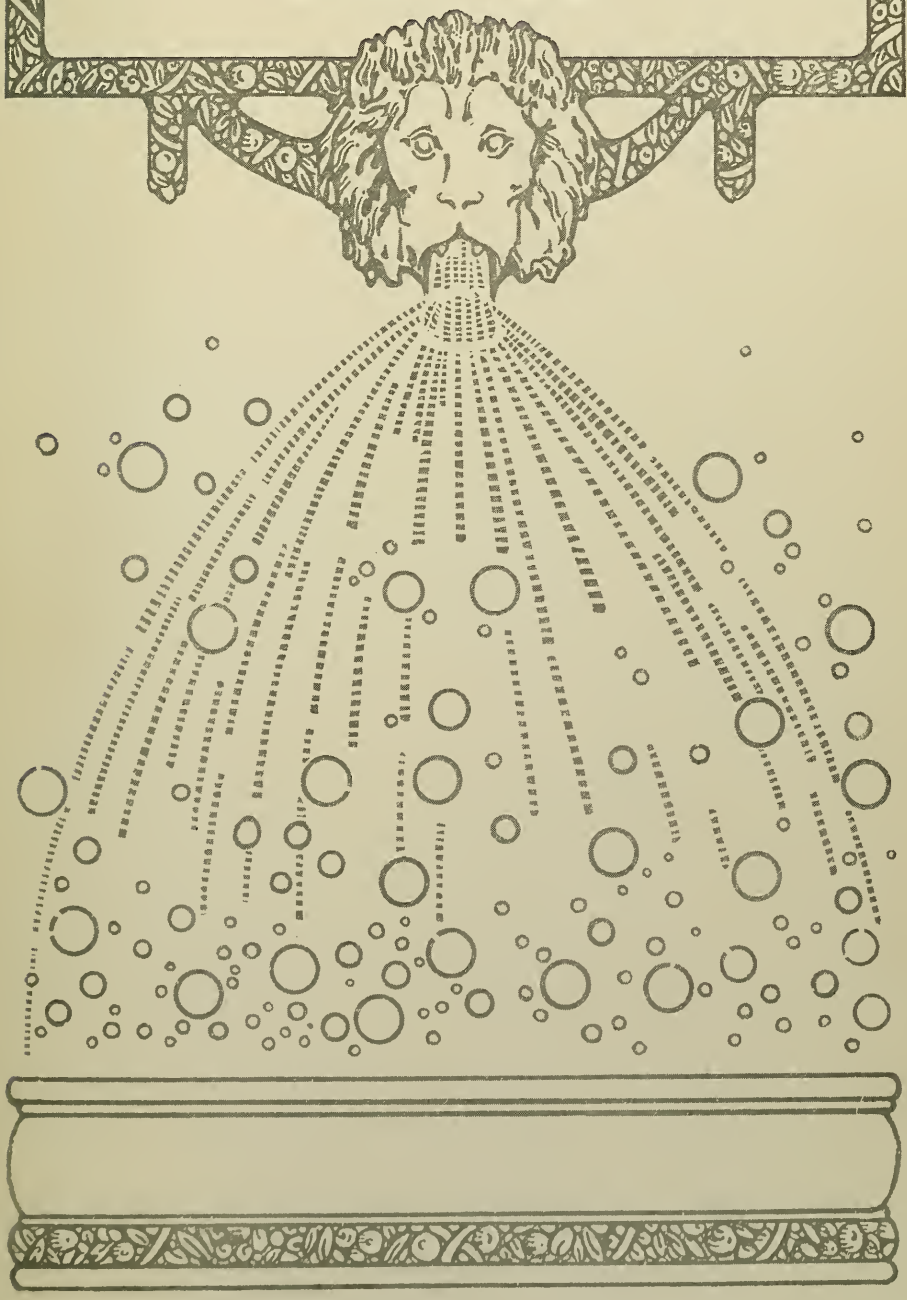
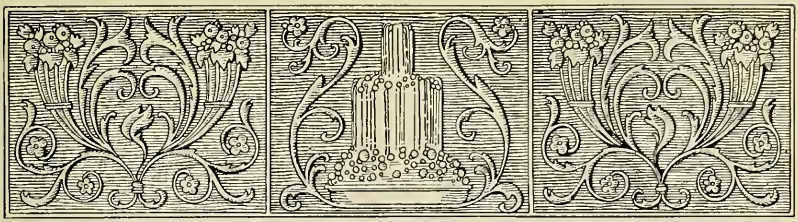
SPRINGS of HEALTH IN GREAT BRITAIN AND FRANCE



A MONT BLANC VIEW



PREFACE

OST Americans are familiar with the Spas of Central Europe. For over a generation there has been waged on their behalf a skilful campaign of information and publicity. Few people, however, are aware of the fact, that Great Britain and France possess "Thermal Springs" second to none in the medicinal properties of their waters. And, to the American they offer, in addition, a convenience of access and a local charm which are, it may be stated in all assurance, rarely equalled and never surpassed elsewhere.

The purpose of this book is to supply the American public with a short and necessarily concentrated description of the principal Spas of Great Britain and France, together with such essential information as to the character of the waters and local amusements as may be needed to make the visitor's stay both profitable and pleasant.

In individual cases the choice of any particular thermal spring should be left to the physician. Every resort contains specialists in the diseases which that resort is particularly qualified to cure and these doctors are listed in the descriptive literature issued by the local information bureaus, in France called "Syndicats d' initiative." These bureaus are almost invariably controlled by the municipal authorities and can be considered entirely reliable. Physicians conversant with the English language are available in every French Resort.

Hotel accommodation is exceedingly good and in great

variety, offering all that can be expected by the most fastidious in the way of appointments and general comfort and, usually too, at moderate rates.

The Cunard Company will be glad to co-operate to the best of its ability in the selection of Resorts, the compilation of Travel Schedules and in the obtaining of more detailed local information whenever desired.

There can be little doubt that only lack of adequate information has prevented the English and French Resorts from attaining much wider popularity with Americans.

This book, therefore, is offered in the hope that it will contribute materially in remedying this defect and in making better known the delights and benefits of the glorious Spas of Great Britain and France.

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GREAT BRITAIN

BATH, in the county of Somerset, distant from London 107 miles, is generally known as Britain's Historic Spa, its Hot Springs having yielded their beneficial supply for 19 centuries. The Hot Mineral Waters of Bath were used by the Romans in the first century, and a large masonry culvert built by them for carrying off the surplus water is still in use today, forming some of the finest Roman Remains in Western Europe.

There are three springs known as Hot Spring, King's Bath and Cross Bath varying in temperature from 104 degrees F. to 120 degrees F. They represent the hottest thermal springs in Great Britain and contain nitrogen and carbonic acid as well as some helium and other rare elements.

TREATMENT is external, consisting of every kind of bath, douche, massage, etc. The most modern appliances and facilities are available.

SEASON—Practically all the year.

DISEASES—The waters are prescribed in cases of gout, chronic rheumatism, arthritis, sciatica, digestive and nervous troubles.

BATH has an equable climate very free from frost and cold. There are a number of excellent hotels and many attractions such as concerts and promenades. As a motoring center Bath offers exceptional facilities.

VIEWS OF BATH

BUXTON, in Derbyshire, distant from London 165 miles, generally known as "The Mountain Spa" is a much frequented and fashionable resort and very famous for its Medicinal Springs. The waters (St. Anne's Well) are of a temperature of about 82 degrees F.; they contain several rare elements and are of a highly curative character.

TREATMENT is mainly internal.

RECOMMENDED in cases of rheumatism, gout, lumbago, sciatica, affections of stomach, liver, kidney and nervous diseases.

SEASON—All the year round.

The Waters and Bathing Establishments are the property of the town and all up-to-date appliances are installed.

There are numerous high class hotels, theatres and many other attractions and amusements, such as golf, fishing, etc.

BUXTON

CHELTENHAM, in Gloucestershire, distant from London 102 miles and situated near the Cotswold Hills. The town, which is of considerable importance today, not only as a Spa, but also as a residential center, dates back to pre-Norman times.

The mineral springs were accidentally discovered in 1715 and received royal recognition when George III was ordered to Cheltenham by his physicians in 1788.

WATERS are mildly aperient, alterative and corrective, diuretic and antiacid. The chief wells are owned by the municipality and all facilities of the usual high class thermal establishment are available.

RECOMMENDED in cases of intestinal affections, liver diseases, anaemia, asthma, chest and lung trouble.

SEASON all the year round.

Good hotels.

Amusements—Concerts, opera, theatre, tennis, golf.

Cheltenham is also within easy access of Stratford-on-Avon.

CLEEVE HILL, NEAR CHELTENHAM

THE PROMENADE, CHELTENHAM

DROITWICH in Worcestershire, distant from London 108 miles, is one of the oldest boroughs of the United Kingdom; to its famous brine baths however, the town owes its main importance.

There are two bathing establishments, "The Royal Baths" and the "St. Andrews Baths." The waters contain solutions of common salt, sulphate of sodium and calcium; it is claimed that the brine is about twelve times as strong as that of sea water.

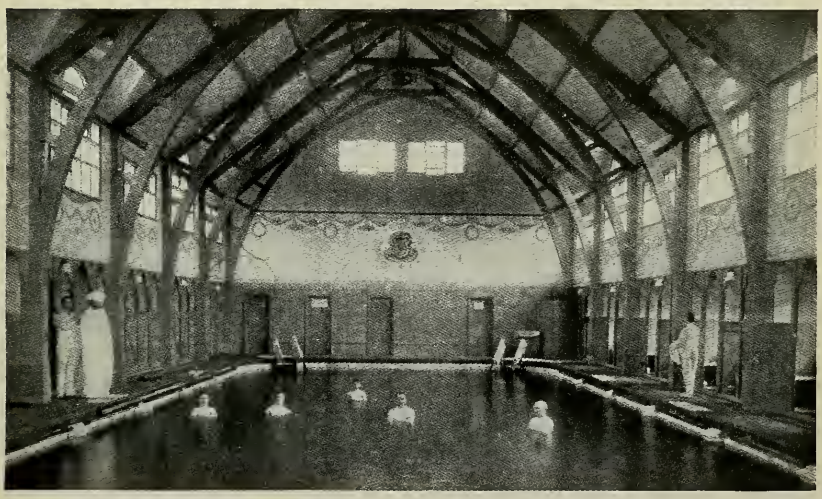
TREATMENT is external consisting of all kinds of baths, douches and massage.

RECOMMENDED in cases of cardiac affections, nervous diseases, paralysis, neuritis, sciatica, lumbago, neuralgia, rheumatism and gout.

Droitwich is situate in the midst of picturesque scenery. Hotels are plentiful and good and in the way of amusement everything possible in concerts, theatrical performances, etc., is offered.

Interesting excursions to the surrounding country; excellent roads for motoring.

SEASON—All the year round.



VIEWS OF DROITWICH

HARROGATE in Yorkshire, distant from London 203 miles, is often described as "The Mecca of the ailing and the playground of the robust."

WATERS—There are about 80 springs mostly cold water containing sulphurated hydrogen, sulphide of sodium and magnesium.

The Baths include all the latest forms of electrical and vapor systems and, generally speaking, Harrogate as far as general equipment is concerned can compare with any similar resort in the world.

TREATMENT—External.

RECOMMENDED in cases of chronic complaints of liver, gout, rheumatism, obesity, skin diseases, anaemia, sciatica, etc.

SEASON—From April to November.

Harrogate is situate in the center of a most interesting district, near by York with its beautiful Minster, Fountains Abbey the most magnificent monastic ruin in England, Aldborough and its Roman Remains, Boroughbridge with its prehistoric monoliths, Knaresborough Castle with its cave and dropping well and numerous other places which will keep the patient amused whilst attending a cure.

Hotels are good and there are a number of high-class boarding houses, furnished rooms, etc., available.

VIEWS OF HARROGATE

LEAMINGTON SPA in Warwickshire, distant from London 87 miles.

WATERS—There are four springs of a sulphurous and chalybeate character; the Baths are controlled by the Town Council and no effort has been spared to make them the best of their kind.

TREATMENT is external mainly.

RECOMMENDED in cases of gout, rheumatism, lumbago, sciatica, scrofula, anaemia and affections of the liver.

While chief emphasis is laid on the advantages of the Spa, it should not be overlooked that Leamington lies in the center of a particularly delightful and interesting countryside.

Stratford on Avon, Warwick, Kenilworth, Coventry, Broadway are all near at hand. Great hunting center, golf, polo, tennis, cricket; concerts, theatrical performances, etc.

SEASON—All the year round.

A good selection of well-reputed hotels. There are over 50 acres of parks, pleasure grounds and gardens. Various and many are the diversions and amusements which are offered and concerts given by the best military and other bands have become famous.

VIEWS OF LEAMINGTON SPA

LLANDRINDOD WELLS in Radnorshire, distant from London 245 miles, is the leading Spa of Mid-Wales.

A peaceful inland watering-place, enjoying a bracing climate and situated amidst picturesque woodland mountain scenery. The springs are very numerous, of very varied composition and properties and in this variety lies their immense medicinal value. They have been famous for over two centuries and are divided into three groups, the Pump House, the Rock Park and the Recreation Ground.

TREATMENT—internal and external.

The baths are provided with the last and most approved apparatus for Electrical treatment of Heart trouble; Massage and X Rays treatment.

RECOMMENDED in cases of gastritis, scrofula, liver troubles, dyspepsia and diabetes.

Good hotels, golf, tennis, trout fishing, etc.

SEASON—All the year round.

ALPINE BRIDGE, LLANDRINDOD WELLS

LLANGAMMARCH WELLS in Breconshire, Wales, 227 miles from London, is situated amongst beautiful scenery on the rivers Irfon and Gammarch, at an altitude of 600 feet.

WATERS are almost unique on account of their containing Barium Chloride—an exceedingly rare constituent—in addition to magnesium and calcium.

The pump room and the various baths are located in the grounds of the Lake Hotel; they are well arranged and comfortable.

The climate of this Spa is known to be one of the mildest and most equable in Great Britain.

RECOMMENDED in cases of cardiac diseases, certain kidney troubles, rheumatism and neurasthenia.

SEASON all the year round.

Good hotels.

RECREATIONS are many: Boating, salmon and trout fishing, shooting, golf, tennis.

VIEWS OF LLANGAMMARCH WELLS

MATLOCK in Derbyshire, 145 miles from London, situated in the beautiful valley of the Derwent, close to the moorland and renowned for its dry bracing air.

It has an altitude ranging from 300 to 1300 feet.

WATERS—Contain mainly carbonate of calcium and magnesium, sulphate of sodium and free carbonic acid gas.

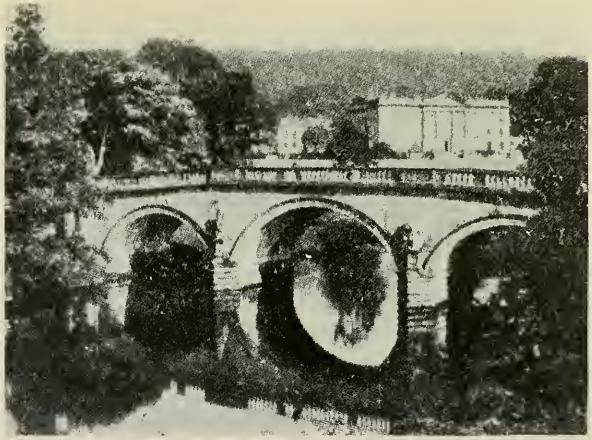
The bathing and electrical appliances are thoroughly up-to-date, including Turkish, Russian, hot air, or radiant heat baths and various other treatments.

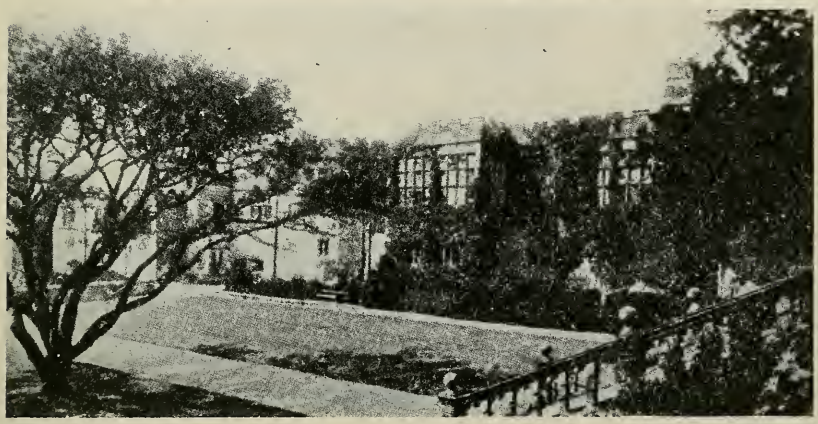
RECOMMENDED in cases of rheumatism, gout, arthritis, bronchitis, catarrhs, nervous disorders, insomnia, liver, kidney and stomach troubles.

An excellent center for excursions: 6 miles from Haddon Hall, 9 miles from Chatsworth, 17 from Dove Dale.

SEASON—All the year round.

There are several good hotels and Hydro's, principal among the latter being Smedley's, a large establishment accommodating 400 guests. Many amusements and sports, including golf and trout fishing.





VIEWS OF MATLOCK

NANTWICH in Cheshire, distant from London 162 miles.

WATERS are of the brine variety, containing bromide and the latter has proved of remarkable benefit in cases of insomnia. The Baths are fitted with every convenience to ensure the comfort of invalids, and are replete with every modern improvement. There are Reclining, Deep Immerson, Needle, Shower, Vapour, Douche, Hot Air, Electric and Mud Baths.

RECOMMENDED in cases of Gout, rheumatism, sciatica, neuritis, etc.

SEASON—All the year round.

HOTELS—The Baths are situated in the Brine Bath Hotel.

NANTWICH

ROYAL TUNBRIDGE WELLS, distant from London only 35 miles. Delightfully situated on the borders of Kent and Sussex 400 feet above sea level. Its vast open spaces are covered with gorse, bracken heather and an abundance of silver birch, pine and other stately trees, which largely contribute to the tonic and invigorating effect of the climate. A large open heath, some 250 acres in extent surrounds the town and ensures an exceptionally pure air.

WATERS—The Springs are chalybeate containing free nitrogen, chloride of sodium and sulphate of magnesium,

RECOMMENDED in cases of tuberculosis, cardiac diseases, obesity and fatty heart, melancholia, neurasthenia and the various phases of anaemia and debility.

SEASON—All the year round.

Comfortable hotels.

Good excursion center; opera house, concerts, golf, hunting, etc.

VIEWS OF TUNBRIDGE WELLS

STRATHPEFFER in Rossshire, Scotland, known as the mountain Spa, distant from London 582 miles, is situated amongst beautiful mountain scenery in a sheltered valley near Ben Wyvis on the river Peffery.

WATERS—there are a considerable number of springs, containing iron and sulphur. Treatment internal and external; sulphur and mud baths.

RECOMMENDED for after effects of tropical diseases, gout, rheumatism and skin troubles.

Good hotels.

Amusements: concerts, mountain excursions, golf, excellent motoring center.

VIEWS OF STRATHPEFFER

WOODHALL SPA in Lincolnshire, 125 miles from London.

The town is beautifully situated in a well wooded district and enjoys an excellent climate throughout the year. The air is bracing and the sanitation excellent.

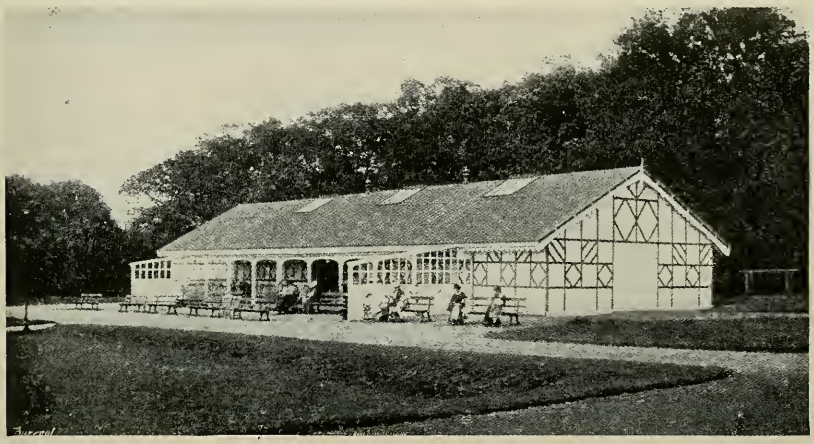
Comparatively speaking this Health Resort is of recent date, but has established for itself a reputation of the highest order as regards the medicinal value of its springs.

WATERS—Contain chlorides of sodium, calcium and magnesium, as well as bromides and iron.

RECOMMENDED in cases of rheumatism, neuritis, heart affections, liver complaints and diseases of women.

SEASON—All the year.

First class hotels, golf, tennis, fishing and hunting. Woodhall Spa is an excellent excursion center. Somersley (Tennyson's birthplace) is near by.



COURTESY OF HARRISON, PHOTOGRAPHER

VIEWS OF WOODHALL SPA

FRANCE

BOURBON-L'ARCHAMBAULT (Allier). Situated amidst interesting surroundings at an altitude of 800 feet.

There are two springs which are the property of the State; the thermal establishment has been reconstructed and is now one of the most complete and beautiful. The temperature of the water is 120 degrees F. and the springs contain carbonates of sodium and calcium and iron.

TREATMENT is internal and external.

RECOMMENDED in cases of affections of the bones and joints, neuralgia, neurosis and nervous affections, rheumatism, lymphatism, scrofula, etc.

SEASON—From the 15th of May to the 1st of October.

Several good hotels, pensions, etc.

Casino, theatre, salles-de-jeu and numerous excursions to neighboring forests.

Distance from Paris 212 miles via Paris, Lyons & Mediterranean Ry.

NÉRIS (Allier) is situated at an altitude of 1200 feet and contains numerous and interesting Roman Remains.

The waters vary in temperature from 115 to 120 degrees F. and contain sulphate of sodium.

TREATMENT—Internal and external.

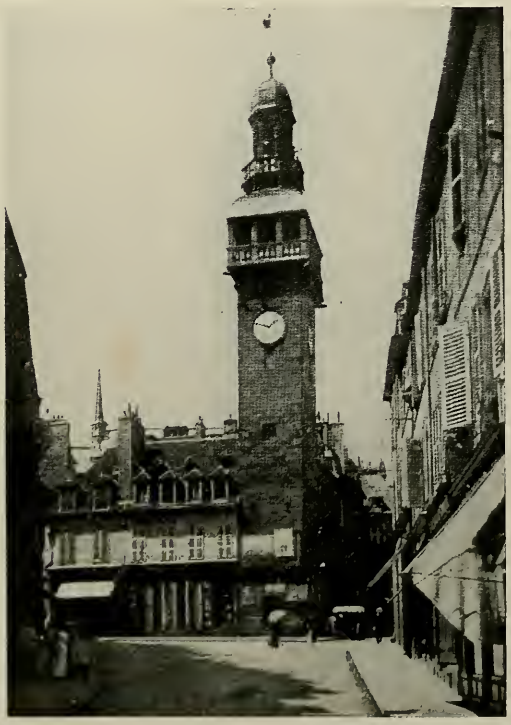
RECOMMENDED in cases of nervous diseases, women's diseases, rheumatic affections and diseases of the uterus.

SEASON—From the 15th of May to the 30th of September.

There are a number of good and comfortable hotels and all attractions of an up-to-date resort.

Distance from Paris 210 miles via Paris, Orleans & Midi Ry.

RUINS OF THE CHATEAU OF BOURBON L'ARCHAMBOULT



IN THE VICINITY OF NÉRIS

VICHY (Allier), situated in the very heart of France at an altitude of 780 feet, is one of the most famous health resorts in the world.

There are a great number of springs all under the control of the French Government. The bathing establishments and bottling of waters are supervised by French State officials.

Vichy's thermal establishments for their comprehensiveness and the magnificence of their installations are unsurpassed.

TREATMENT—Mainly internal.

RECOMMENDED in cases of dyspepsia, gastritis, gout, diabetes and intestinal affections generally.

Theatres, concerts, casino and all possible attractions and amusements.

SEASON—April to October.

Hotels, villas and rooms of all sorts and grades.

Distance from Paris 228 miles via Paris, Lyons & Mediterranean Ry.

CASINO, VICHY

VALS (Ardèche), is situated at an altitude of 800 feet, amidst most beautiful surroundings.

The springs are numerous and of an alkaline nature, the principal ones are St. Jean, Précieuse, Madeleine and Dominique.

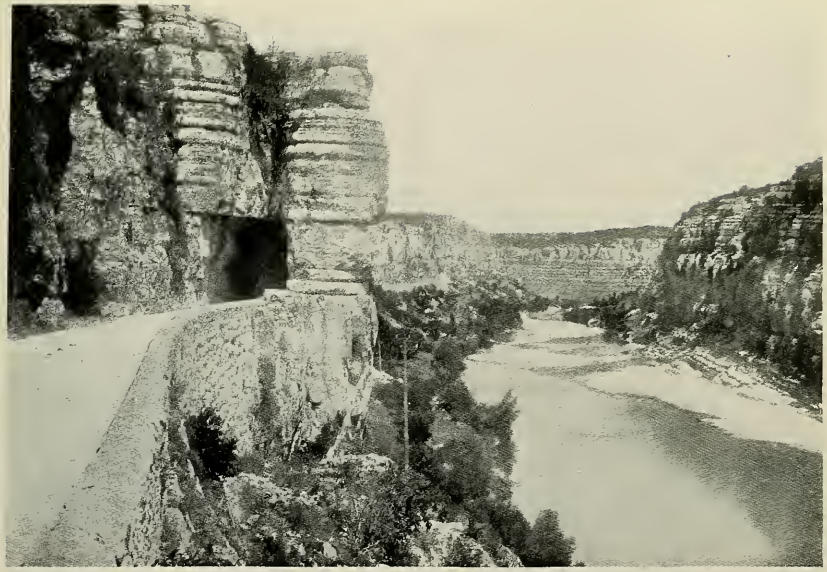
TREATMENT—Mainly internal.

RECOMMENDED in cases of affections of the stomach, gastritis, liver complaints, diabetes and diseases of the kidney and bladder.

SEASON—From the 15th of May to the 1st of October.

Good hotels, villas, furnished rooms; excellent center for excursions.

Distance from Paris 442 miles via Paris, Lyons & Mediterranean Ry.



VIEWS OF VALS

LUCHON (Haute Garonne). Altitude 2100 feet.

There are nearly fifty springs varying in temperature from 61 to 150 degrees F.

TREATMENT—Internal and external.

RECOMMENDED in cases of specific diseases, tuberculosis, after-effects of grippe, typhoid fever, diphtheria, arthritis, affections of the respiratory organs, nasal catarrh, laryngitis, stomach troubles, nervous diseases, etc.

SEASON—From the 1st of June to the 1st of October.

Magnificent scenery, beautiful promenades, automobiles, carriages, horses.

Daily concerts and all sorts of attractions.

A funicular Railway runs to the Plateau of Superbagnères where one of the most beautiful panoramas in the world can be seen.

Good hotels.

Distance from Paris 615 miles via Paris, Orleans & Midi Ry.

FROM THE SURROUNDINGS OF LUCHON

LUXEUIL (Haute Saône) is situated at the foot of the Vosges Mountains, at an altitude of 980 feet.

This resort dates its origin back to a monastery founded by Colomban, an Irish monk, towards the end of the sixth century. A goodly portion of the original monastery buildings are still in existence.

There are fifteen springs, the property of the French Government, the waters containing salt, iron, arsenic and manganese and are radio-active.

TREATMENT—Mainly external.

RECOMMENDED in cases of rheumatism, arthritis, anaemia and nervous diseases; women's diseases.

SEASON—From the 1st of June to the 15th of September.

Several hotels, furnished apartment houses, beautiful park and forests, also casino.

Distance from Paris 304 miles via Eastern Railway of France.

VIEWS OF LUXEUIL

LAMALOU (Hérault), situated in the valley of Lamalou near the river Orb at an altitude of 650 feet.

WATERS—There are three groups of springs and for every group there is a separate thermal establishment. The groups are Lamalou-le-Bas, Lamalou-le-Centre and Lamalou-le-Haut.

The first one is the most important; the temperature of the waters varies from 95 to 110 degrees F. and they are of a chalybeate nature.

TREATMENT—Internal and external.

RECOMMENDED in cases of rheumatism, sciatica, neuralgia, nervous diseases and uterine affections.

SEASON—April to October.

Numbers of people take the cure at this resort twice a year; in the spring and in the autumn.

Hotels of good repute, casino, theatre, opera comique, daily concerts, promenades, etc.

Distance from Paris 611 miles via Paris, Orleans & Midi Ry.

BALARUC (Hérault). Situated on a sea inlet, about 4 miles from Cette.

There are several thermal establishments, with hotels attached; three salt water Springs ranging in temperature up to 118 degrees F supply the waters.

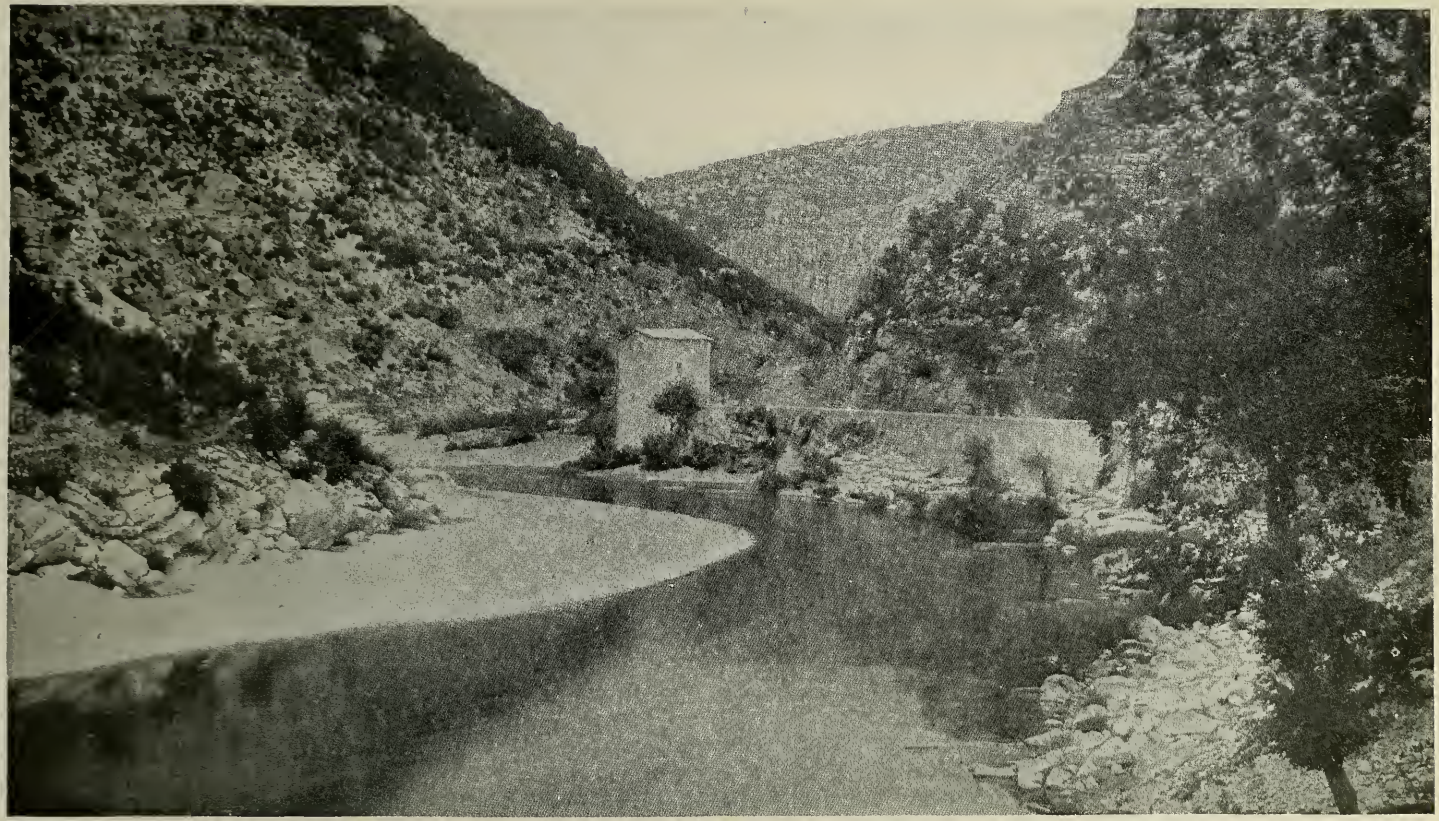
TREATMENT—Internal and external; mud baths form an important part in the cure.

RECOMMENDED in cases of scrofula, sciatica, Locomotor-Ataxia, other forms of paralysis and cardiac troubles.

SEASON—From the 1st of May to the 31st of October.

Being very near to the towns of Cette and Montpellier all amusements and attractions available in a large town are within easy reach of guests.

The railway station for Balaruc is Cette, distant from Paris 551 miles via the Paris, Lyons and Mediterranean Ry.



THE GORGES OF THE HÉRAULT

ALLEVARD (Isère). Situated on the River Bréda at an altitude of 1500 feet in a valley protected by high mountains and amidst some of the most beautiful Alpine scenery. The thermal establishment is of considerable importance, fitted with all the latest appliances, equipments and systems, usually found in the principal sulphurous thermal baths.

WATERS—Cold sulphurated hydrogen.

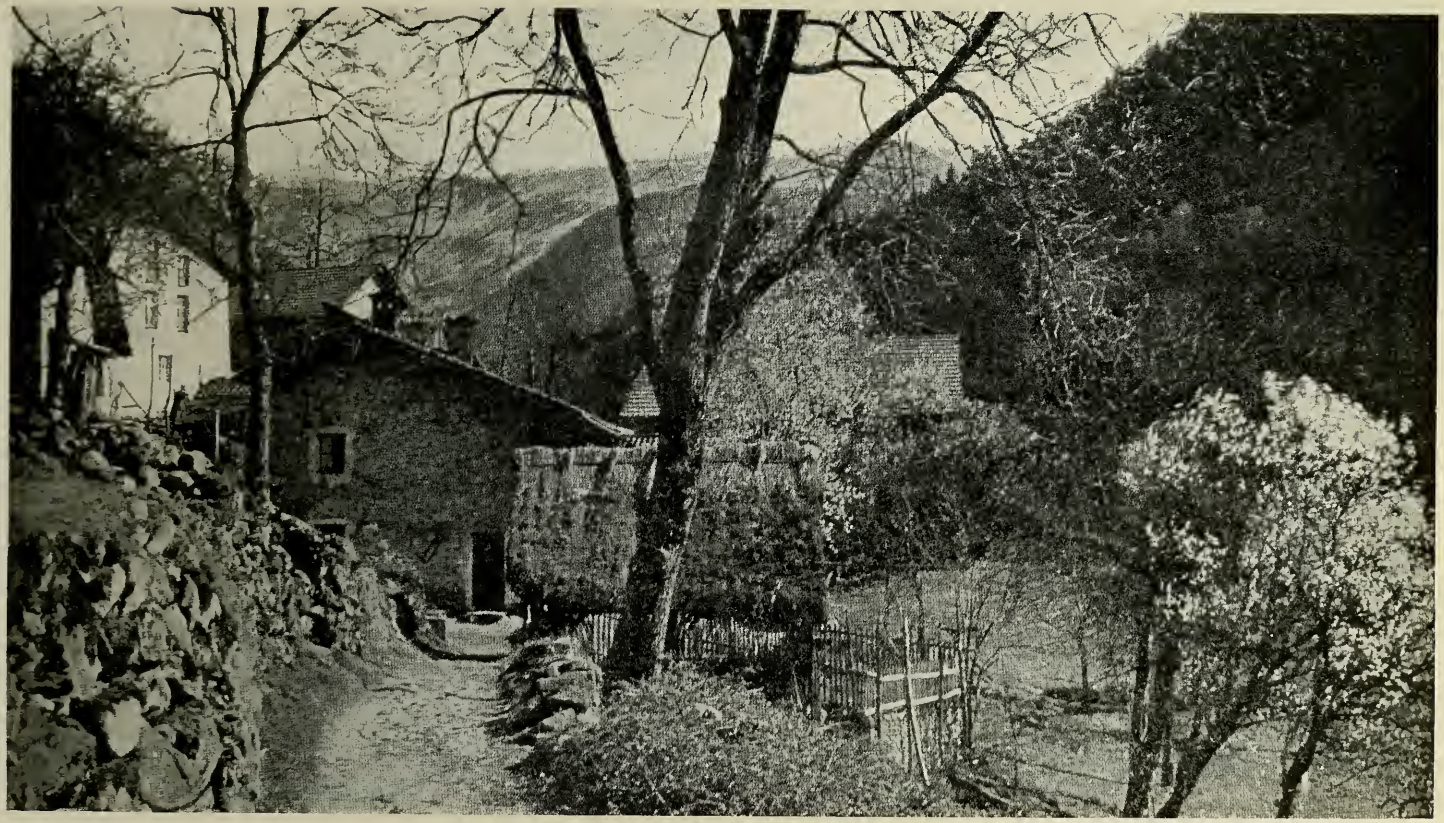
TREATMENT—Internal and external; cold and warm inhalation; the warm inhalation apparatus is installed in the form of an amphitheatre, so that the required temperature may be easily regulated.

RECOMMENDED in cases of chronic catarrh, affections of respiratory organs, skin diseases and rheumatism.

SEASON—First of June to 30th of September.

Theatres, concerts, and excellent mountain excursions in vicinity; comfortable hotels at moderate prices; numbers of villas and furnished houses.

Distant from Paris 430 miles via Paris, Lyons and Mediterranean Ry.



A PATHWAY AT ALLEVARD

URIAGE (Isère) is situated at the entrance of the beautiful park-like valley of Vaulnaveys and has an altitude of 1350 feet. This resort is becoming more and more popular, as in addition to its thermal springs it is also an air-cure station of some importance.

The medicinal value of the Uriage Springs were already known and appreciated by the Romans. The waters are of a saline sulphurous nature varying in temperature from 81 to 130 degrees F.

TREATMENT—Internal and external.

RECOMMENDED in cases of chronic constipation, affections of the skin, the bones and joints, lymphatism, scrofula, skin diseases, etc.

SEASON—From the 25th of May to the 15th of October.

Numerous hotels, boarding houses, furnished rooms, etc.

Casino, theatre, concerts, easy mountain excursions.

Uriage is within 6½ miles of Grenoble with which picturesque and interesting town it is connected by an electric railway.

Distance from Paris 403 miles via Paris, Lyons & Mediterranean Ry.

VIEWS OF URIAGE

SALINS-DU-JURA (Jura) is situated at an altitude of 1200 feet in the midst of mountains and forests.

There are three groups of springs, but one only—Puits-a-Muire—is utilized.

TREATMENT—Internal and external.

RECOMMENDED in cases of lymphatism, scrofula, tuberculosis, infantile paralysis, women's diseases and affections of the bones and joints.

SEASON—From the 20th of June to the 15th of September.

Several hotels, furnished apartments, etc.

Casino and the usual attractions. Promenades and every facility for air cures.

Distance from Paris 250 miles via Paris, Lyons & Mediterranean Ry.

THE COL DES ROCHES, JURA, FRENCH-SWISS FRONTIER

DAX (Landes), situated at an altitude of 130 feet on the River Adour.

There are two large thermal establishments and the treatment is mainly external in the form of baths, douches, mud baths., etc.

RECOMMENDED in cases of rheumatism, joint affections, nervous diseases, neuralgia, etc.

SEASON—All the year round, but most frequented during spring and autumn.

Comfortable hotels, villas, pensions, etc., all at moderate prices; beautiful promenades and excursions but Dax prides itself on the fact that it is a place which offers quietness and rest.

Distance from Paris 460 miles via Paris, Orleans & Midi Ry.

A TYPICAL SCENE IN THE LANDES COUNTRY

POUGUES (Nièvre). Altitude 700 feet.

There are seven cold alkaline springs containing bicarbonates of calcium, magnesium and sodium.

TREATMENT—Internal, the waters being taken several times a day in varying doses.

RECOMMENDED for diseases of the stomach, dyspepsia, gastritis, affections of the liver and anaemia.

SEASON—From the 1st of June to the 1st of October.

Pougues is one of the most frequented resorts on account of the unrivalled properties of the Source St. Leger; the climate is beautiful and all attractions of a modern health resort are offered.

Comfortable hotels of all grades, villas, pensions, etc.

Distance from Paris 151 miles via Paris, Lyons & Mediterranean Ry.

ST. HONORÉ (Nièvre). Altitude 900 feet.

There are four sulphurous springs of a temperature of 83 degrees F., containing some arsenic. The springs are classed in two groups; l'Acacia and la Crevasse, la Marquise and les Romains.

TREATMENT—Internal and external.

RECOMMENDED in cases of affections of the respiratory organs, nasal catarrh, catarrh of the larynx and pharynx, bronchitis, asthma, skin diseases and children's ailments.

SEASON—From the 15th of June to the 15th of September.

Comfortable hotels and other accommodations.

Casino, concerts and varied diversions; beautiful woods in the surroundings.

Two stations—Remilly and Vandenesse—serve St. Honoré, distant 4½ and 5 miles respectively. Connected by electric tramway.

Distance from Paris 201 miles via Paris, Lyons & Mediterranean Ry.

THE LOIRE AT NEVERS (NIÈVRE)

ST. AMAND (NORD). Altitude 100 feet.

There are five thermal springs of a temperature of about 78 degrees F.

TREATMENT—Internal and external, but largely in the form of mud baths. St. Amand is situated in close proximity to a forest of enormous dimensions and consequently is an important air cure station.

RECOMMENDED in cases of rheumatism, gout, chronic affections of the genito-urinary organs, women's diseases, Locomotor-Ataxia, nervous diseases, eczema and many other skin diseases.

SEASON—From the 15th of May to the 30th of September.

In the thermal establishment is incorporated a first-class hotel of considerable size; there are a number of other hotels some of the most up-to-date construction; casino, excursions and various other attractions.

Distance from Paris 150 miles Nord Railway of France.

VIEWS FROM THE NORD COUNTRY

BAGNOLES DE L'ORNE (Orne) is the only thermal station in the west of France situated in the midst of forests and has an altitude of 740 feet.

WATERS—There are two cold springs and one warm (sulphurous).

TREATMENT—A variety of methods are used here both internally and externally, sometimes together and sometimes strictly separate.

RECOMMENDED in cases of rheumatism, gout, anaemia, stomach troubles, skin diseases, etc.

SEASON—First of June to First of October.

Hotel accommodation good. There is also a well recommended pension.

Casino, lake and interesting excursions to historic castles in vicinity.

Distance from Paris 155 miles via French State Ry.

GENERAL VIEW OF BAGNOLES DE L'ORNE

LA BOURBOULE (Puy-de-Dôme). Altitude 2800 feet.

There are seven springs, some hot and others cold; the waters are of an alkaline nature and contain arsenic. The hot springs are by far the most important.

There are three thermal establishments, of which, the Etablissement des Thermes, is one of the most luxurious in Europe.

TREATMENT—Internal and external.

RECOMMENDED in cases of affections of the bones, joints, etc., bronchitis, asthma, laryngitis, chloremia, obesity, lymphatism, scrofula, diabetes and children's diseases.

SEASON—From May 25th to September 30th.

Good hotels, villas and pensions. Theatre, casino, concerts and all the usual attractions of a watering place; charming excursions and boating.

Distance from Paris 271 miles via Paris, Lyons & Mediterranean Ry.

CHATEL GUYON (Puy de Dôme). Situated at an altitude of 375 feet.

WATERS—There are twenty-eight springs containing iron and magnesium and two thermal establishments.

TREATMENT is internal and external.

RECOMMENDED in cases of intestinal and gastric troubles, liver complaints, urinary diseases, nervous affections and after-effects of tropical diseases.

SEASON—From the 15th of May to the 15th of October.

Numerous hotels and villas; varied and attractive excursions; other health resorts in the vicinity are Vichy, Clermont, Royat.

Concerts, casino, theatres, etc.

Railway station for Chatel Guyon is De Riom; traffic between De Riom and Chatel Guyon is carried on by omnibuses, motor cars, carriages, etc. Distance is about 3½ miles.

Distance from Paris 260 miles via Paris, Lyons & Mediterranean Ry.

AN OX TEAM IN THE PUY DE DÔME

AN OLD COURTYARD AT CHATEL GUYON

MONT DORE (Puy de Dôme). Altitude 3400 feet. Connected by funicular railway with the station of Mont Dore.

There are twelve springs varying in temperature from 104 to 112 degrees F. and containing arseniate of sodium and bicarbonate of iron; the thermal establishment rebuilt in 1893 is equipped with every modern appliance.

TREATMENT—Internal and external.

RECOMMENDED in cases of gout, rheumatism, arthritis, certain stages of diabetes, affections of the vocal and respiratory organs, bronchitis, laryngitis, asthma, etc.

SEASON—From the 15th of June to the 1st of September.

Hotels, villas and furnished apartment houses; numerous excursions.

Distance from Paris 287 miles via Paris, Lyons & Mediterranean Ry.

PANORAMA OF MONT DORE LES BAINS

ROYAT (Puy de Dôme). Altitude 1470 feet.

There are four springs containing bicarbonate of sodium, chloride of sodium, calcium and iron.

TREATMENT—Internal and external.

RECOMMENED in cases of arthritis, anaemia, rheumatism and gout, diabetes, urinary affections, diseases of the respiratory organs, skin diseases, dyspepsia, gastritis and cardiac affections.

SEASON—From the 25th of May to the 1st of October.

Good hotels.

Casino, theatre, numerous excursions in the neighboring mountains.

Royat is about 1½ miles distant from Clermont and connected by electric tramway with that town.

Distance from Paris 278 miles via Paris, Lyons & Mediterranean Ry.

ST. NECTAIRE (Puy de Dôme), situated at an altitude of 2500 feet.

There are three thermal establishments; the waters are alkaline and contain iron. The springs are divided into two groups, those of

St. Nectaire le Haut and

St. Nectaire le Bas.

TREATMENT—Internal and external.

RECOMMENDED in cases of chloremia, women's diseases and affections of the bladder and kidneys.

SEASON—From the 20th of June to 15th of September.

Hotels of all grades, amongst them some of the most modern and up-to-date; casino and numerous other attractions.

Distance from Paris 284 miles via Paris, Lyons & Mediterranean Ry.

Two railroad stations are serving St. Nectaire, namely, "Coudes St. Nectaire" and "Issoire."

GENERAL VIEW OF ROYAT

VIEW OF ST. NECTAIRE

BIARRITZ (Basses-Pyrénées). Situated on the Gulf of Gascogne. Only a short distance away is the city of Bayonne and though the two towns are closely allied, they differ very considerably.

Biarritz itself is the well known cosmopolitan resort, while Bayonne presents itself as the typical French business city; it is, however, considered the metropolis of the bull-fighting sport in France.

Its situation on the Atlantic Ocean ensures an even and temperate climate and strengthening sea air. Autumn, winter and spring are the best seasons but the heat of the summer is never such as to be unbearable or disagreeable.

The water of the thermal spring is brought to Biarritz from Briscons, a small village situated a few miles from Bayonne.

TREATMENT is external in the form of baths, douches, massage, etc.

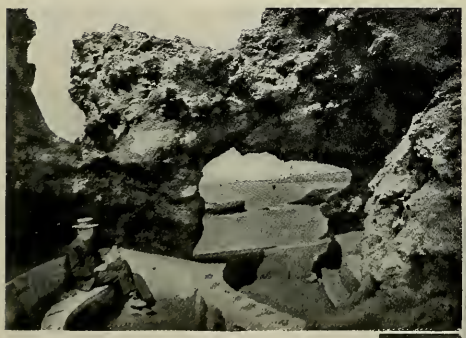
The thermal establishments are open all the year.

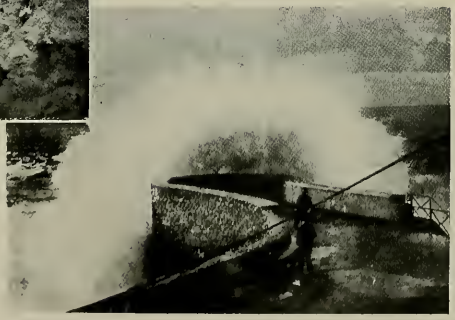
RECOMMENDED in cases of women's diseases, affections of the bones and joints, scrofula and lymphatic affections.

Biarritz is one of the most important all the year round international resorts and offers all possible attractions.

Hotels are plentiful and of the highest order.

Distant from Paris 499 miles via Paris, Orleans and Midi Ry.





VIEWS OF BIARRITZ

SALIES DE BÉARN (Basses Pyrénées). Situated at an altitude of 200 feet, in the center of a large and beautiful valley on the Railway line between Pryor and St. Palais, and within four hours journey from Bordeaux.

There are four springs here and the treatment is mainly external.

RECOMMENDED in cases of affections of bones and joints, affections of the skin, scrofula, arthritis, specific diseases, children's ailments and women's diseases.

SEASON—There are two seasons; one in the spring and one in the autumn. The thermal establishment, which is a large modern building with all the latest appliances, is open all the year round.

Numerous hotels of all grades and every other kind of accommodations.

Casino, concerts, excursions, but generally a very restful place.

Distance from Paris 487 miles via Paris, Orleans & Midi Ry.

EAUX BONNES (Basses-Pyrénées). Situated in the midst of a vast forest at an altitude of 250 feet, is one of the most pleasant resorts to stay in.

There are several springs, celebrated for their sulphurated sodic waters, the most important being La Source vieille which has really made the reputation of this thermal station.

TREATMENT is almost entirely internal; baths, douches, etc., being used only as auxiliaries.

RECOMMENDED in cases of tubercular diseases, asthma, bronchitis, all affections of the respiratory organs and pulmonary catarrh. There are few resorts in Europe, which, as far as the curative efficacy of their waters is concerned, can compare with Eaux Bonnes.

SEASON—First of June to 30th of September.

Casino, theatre, promenades.

Hotels of the first class, numerous villas, and pensions.

Excellent excursion center.

Distance from Paris 532 miles via Paris, Orleans & Midi Ry.

OLD HOUSES AT SALIES DE BÉARN

GENERAL VIEW OF EAUX BONNES

CAMBO (Basses-Pyrénées) is situated on the river Nive, at an altitude of 200 feet, and is renowned for the mildness of its climate. In spite of the many cosmopolitan visitors and their influence, Cambo has retained the characteristics of the typical and picturesque Basque town.

The WATERS contain iron and sulphur.

SEASON—Practically all the year round.

RECOMMENDED in cases of scrofula, skin diseases generally and affections of the respiratory organs.

Good hotels and many interesting excursions to the neighboring woods.

Distance from Paris 503 miles via Paris, Lyons & Mediterranean Ry.

ST. CHRISTAU (Basses-Pyrénées) is situated at an altitude of 1,000 feet, at the entrance of the valley of Aspe ; its medicinal springs were used by the Romans. There are two thermal establishments and quite a number of springs, containing sulphate of copper, carbonate of iron, etc.

Three springs only are used: the

Source des Arceaux,

Source du Prieuré,

Source du Pecheur.

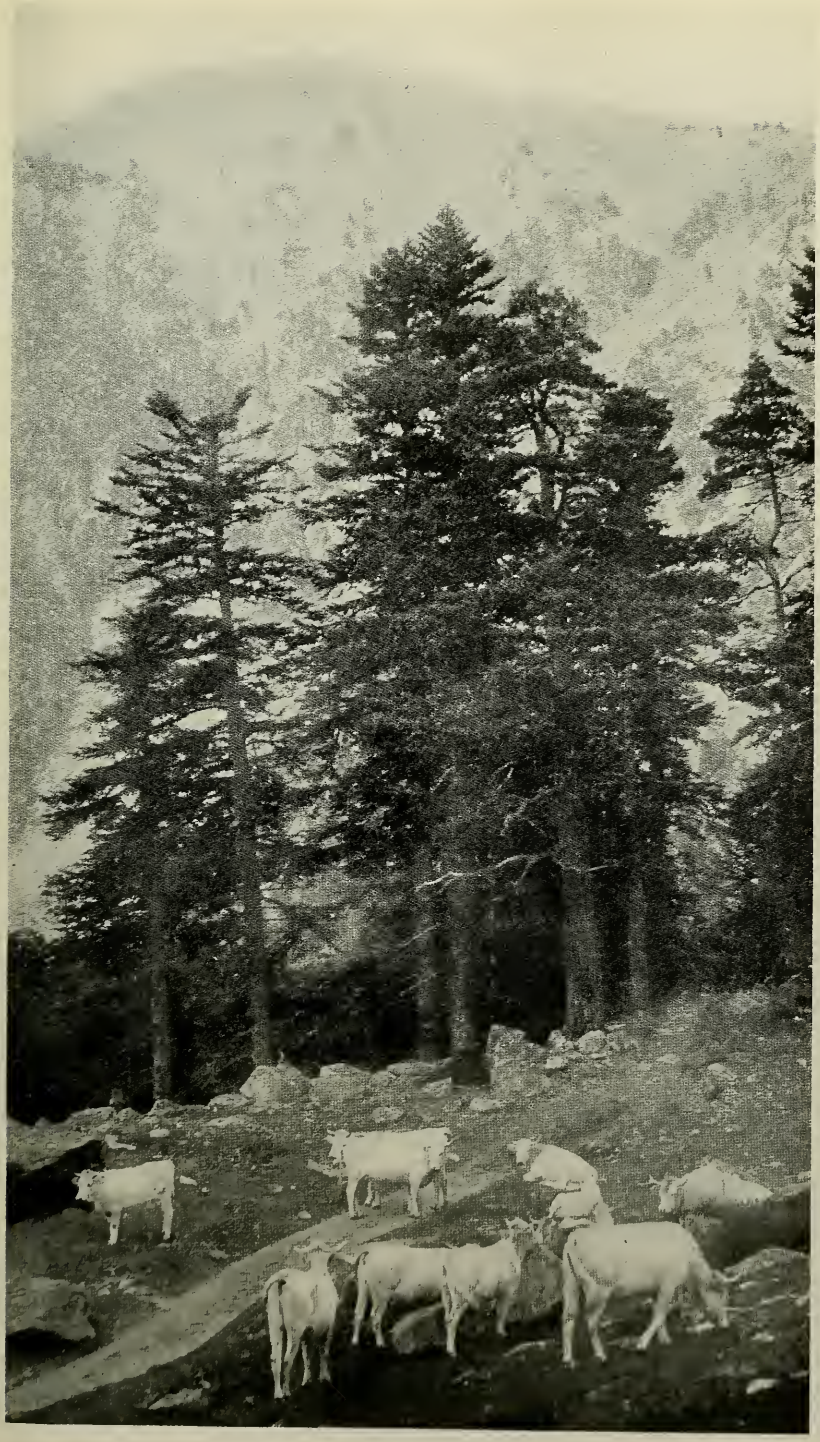
TREATMENT—External mainly.

RECOMMENDED in cases of skin diseases.

The establishment is open all the year but the main season is June, July, August and September.

Beautiful park in which are situated a number of good hotels; theatre, casino and varied other attractions.

Distance from Paris 530 miles via Paris, Orleans & Midi Ry.



A SCENE IN THE PYRÉNÉES

BAGNÈRES-DE-BIGORRE (Hautes-Pyrénées), situated amidst beautiful scenery at an altitude of 1785 feet, 11 miles from Tarbes, is the oldest thermal station of the Pyrenees.

WATERS—There are 38 springs, some warm and of a sulphurous nature and others cold chalybeate.

TREATMENT—Internal and external; the cure usually takes from four to eight weeks.

RECOMMENDED in cases of rheumatism, nervous disorders, affections of the alimentary, bronchial and urinary channels.

SEASON—First of July to 30th of September.

Comfortable hotels at moderate rates.

Casino, concerts, opera, opera comique, dances. Short and long mountain excursions; parties arranged twice a week by the local section of the French Alpine Club to ascend the "Pic-du-Midi de Bigorre."

Distant from Paris 510 miles, via Paris, Orleans and Midi Ry.

BARÈGES (Hautes-Pyrénées). On the left bank of the river Bastan.

Three and a half miles from Luz with an altitude of over 4,000 feet.

WATERS—There are fifteen warm (sulphurous) Springs varying in temperature up to 110 degrees F. The waters are tonic and stimulating and of exceptional medicinal value.

RECOMMENDED in cases of diseases of the bones and joints; scrofula, specific diseases and anaemia.

SEASON—July, August, September.

Good hotels.

Casino, theatre and mountain excursions.

Barèges is also a mountain air resort of considerable repute. Furthermore, it is an important military station, a fact which adds considerably to its social life.

Distant from Paris 564 miles via Paris, Orleans and Midi Ry.

THE QUAINT JACOBIN TOWER AT BAGNÈRES-DE-BIGORRE

ST. SAUVEUR (Hautes-Pyrénées), a beautiful little town on the river Gave at the entrance to the valleys of Bastan and Gavarnie. Altitude 2500 feet.

There are two thermal establishments fed by two sulphurous springs of a temperature of 93 degrees F. One is known as "Sources des Dames" and the other as "Source de la Hontalade."

TREATMENT—External but the water of the de la Hontalade Spring is used also for drinking.

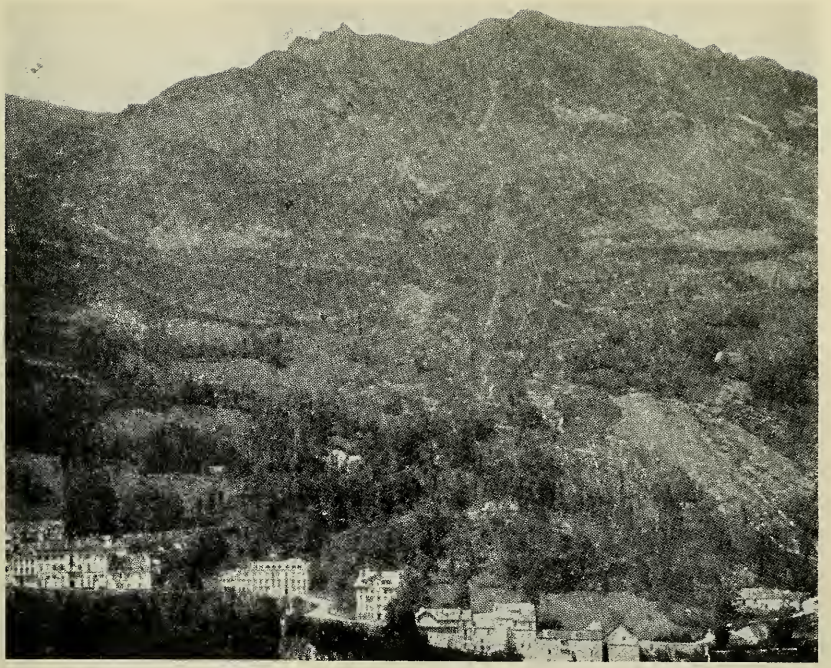
RECOMMENDED in cases of women's diseases.

SEASON—From the 1st of June to the 30th of September.

Comfortable hotels; casino, park, promenades and beautiful mountain excursions.

Distance from Paris 867 miles via Paris, Orleans & Midi Ry.

Railway station is Pierrefitte 5½ miles from St. Sauveur; connection is made by electric railway, and by carriages or omnibuses, over beautiful mountain roads.



VIEWS OF ST. SAUVEUR

CAPVERN (Hautes-Pyrénées) is often called the "Vichy of the Pyrénées" and is about 18 miles from Tarbes; it is a picturesque little town, built along one main street, which runs from east to west for a distance of over a mile. Altitude 1500 feet.

WATERS—There are two springs containing sulphate of lime. Temperature 70 degrees F.

TREATMENT—Internal and external, and instances of some of the most marvelous cures are recorded.

RECOMMENDED in cases of diseases of the liver, gout, diabetes, catarrh of the bladder, gravel, etc.

SEASON—From May to October.

A number of good hotels, pensions, casino, beautiful carriage drives, promenades, etc., in an immense park nearby; excellent excursion center.

Distance from Paris, 503 miles via Paris, Orleans & Midi Ry.

CAUTERETS (Hautes-Pyrénées). Situated in one of the most striking and picturesque parts of the Pyrénées, 20 miles from Tarbes, the administrative capital of the Department, with an altitude of 2400 feet.

Altogether there are nine thermal establishments and twenty-two springs of a temperature varying from 103 to 105 degrees F. and containing mainly sulphide of sodium.

TREATMENT—Internal and external.

RECOMMENDED for nervous diseases, anaemia, dyspepsia, skin troubles and children's ailments.

SEASON—From the 15th of May to the 15th of October.

First-class hotels, villas, furnished rooms, etc. Theatres, casino, mountain fetes.

Excellent excursions to the surrounding country.

Cauterets is reached from Pièrrefitte station by electric railway in about 45 minutes, over a picturesque mountain route.

Distance from Paris 572 miles via the Paris, Orleans & Midi Ry.

VIEWS OF CAUTERETS

AMÉLIE-LES-BAINS (Pyrénées-Orientales). Situated in a sheltered mountain valley at an altitude of 930 feet. Its health-giving springs were known as far back as Roman times; the waters are of an alkaline sulphurous nature, ranging in temperature from 80 to 140 degrees F.

TREATMENT—Internal and external.

RECOMMENDED in cases of asthma, bronchitis and all chronic affections of the respiratory organs.

SEASON—All the year round, but particularly suitable as a winter resort on account of its mild climate.

Comfortable hotels.

Distant from Paris 690 miles via Paris, Orleans and Midi Ry.

AMÉLIE-LES-BAINS

A PYRÉNÉES DOG

VERNET (Pyrénées-Orientales), situated near the river Cadi at an altitude of 2100 feet, amidst a perfect garden landscape.

WATERS—There are twelve springs of a sulphurous and saline nature, divided into two groups under the name of Source Mercador on the right of the River Cadi and the Sources des Commandants on the left bank of the same river. There are two thermal establishments.

TREATMENT—Internal and external, but principally external.

RECOMMENDED in cases of affections of the vocal and respiratory organs, gout, rheumatism, anaemia, dyspepsia and sciatica.

In the vicinity there is the sanatorium du Carrigon, a mountain air station of high repute.

SEASON—From May to October.

Comfortable hotels, villas and furnished rooms; casino and various amusements.

Railway station Villefranche-de-Conflent; connection carried on by regular carriage service occupying about half an hour.

Distance from Paris 691 miles via Paris, Orleans & Midi Ry.

PANORAMA OF VERNET

AIX-LES-BAINS in the Department of Savoie is situate at the foot of Mount Revard on Lake Bourget, at an altitude of 850 feet.

The town, surrounded by beautiful scenery, is a starting point for many excursions and mountain trips. Its palatial hotels, villas, pensions, etc., its casinos, theatres and all other attractions have added considerably to its popularity and altogether it is one of the most frequented health resorts in the world.

In the vicinity are also found two air-cure stations, one at Pugny-Corbieres (over 2,000 feet above sea-level), and one on Mount Revard (over 5,000 feet above sea-level).

The thermal establishment is an up-to-date structure, fitted with every modern appliance.

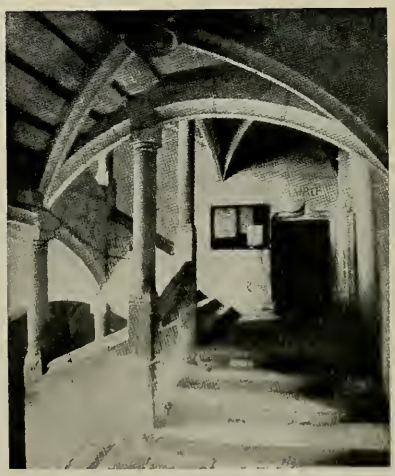
There are hot and cold sulphurous springs (the latter at Marlioz in the vicinity); the temperature of the Hot Springs is between 108 and 112 degrees F.

TREATMENT is mainly external; for internal treatment there are three additional springs, the Source des Deux—Reines, the Source Massonat and the Source Saint-Simon, the waters of which contain calcium bicarbonate and magnesium also large quantities of oxygen in solution.

DISEASES for which a cure at Aix-les-Bains is recommended: Chronic gout, rheumatism, sciatica, specific diseases, affections of bones and joints.

SEASON:—from May to October, but the thermal establishment is open all the year.

DISTANCE from Paris 361 miles via the Paris, Lyons & Mediterranean Ry.



VIEWS OF AIX-LES-BAINS

BRIDES (Savoie). Situated at an altitude of 1850 feet in a very picturesque part of Savoy near the Doron torrent. The air is remarkably pure and strengthening. There is one thermal spring of about 95 degrees F., containing sulphate of sodium and magnesium; the effect is laxative and purgative.

TREATMENT is internal and external but mainly the former.

RECOMMENDED in cases of liver complaints, nervous affections, obesity, etc.

SEASON—From the 15th of May to the 1st of October.

Near Aix-les-Bains which is easily accessible.

Good hotels.

Distant from Paris 424 miles via Paris, Lyons & Mediterranean Ry.

Brides is connected with Moûtiers and Salins by an electric line.

CHALLES-LES-EAUX (Savoie). Situated in the Valley of Chambéry at an altitude of 960 feet amidst a magnificent park.

There is one spring of a sulphurous nature.

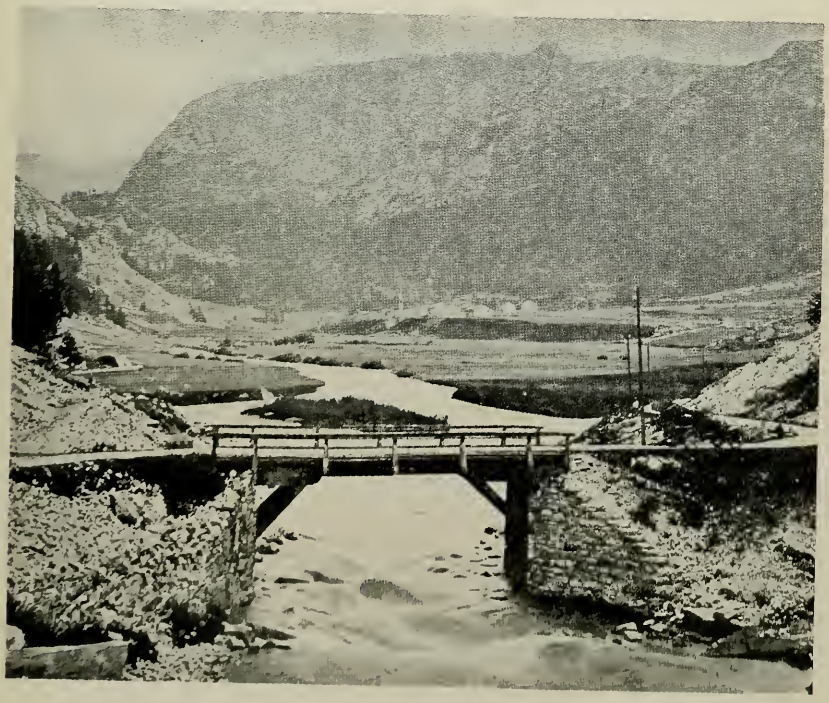
TREATMENT—Internal and external.

RECOMMENDED in cases of lymphatism, scrofula, arthritis, chronic catarrh of the throat, chronic bronchitis, specific diseases, etc.

SEASON—From the 15th of May to the 15th of October.

A number of first-class hotels at moderate prices, also villas and furnished rooms; casino, many attractive excursions; two miles distant from Chambéry with which it is connected by electric cars. Hotel omnibuses are at Chambéry station.

Distance from Paris 376 miles, Paris, Lyons & Mediterranean Ry.



SCENES FROM THE SAVOIE COUNTRY

EVIAN (Haute-Savoie). Built in the form of an amphitheatre on the southern shore of Lake Geneva, at an altitude of about 1200 feet.

There are several springs, of which the best known and most important is La Source Cachat.

TREATMENT is principally internal.

RECOMMENDED in cases of chronic gout and all affections of the urinary channels.

SEASON—From the 15th of May to the 15th of October, but frequented mostly from the 1st of July to the 15th of September, which is the period of the grande saison with its numerous and various fetes, concerts and theatrical performances, dances, tennis, golf; excellent excursion center.

A great number of hotels, villas and pensions.

Distance from Paris 420 miles via Paris, Lyons & Mediterranean Ry.

GENERAL VIEW OF EVIAN

ST. GERVAIS (Haute-Savoie) is situated at an altitude of 2,000 feet in a gorge at the foot of Mont Blanc.

There is a thermal establishment with a Hotel Annex and park.

The WATERS of the three springs are of a sulphurous nature, varying in temperature from 103 to 108 degrees F.

TREATMENT—Internal and external.

RECOMMENDED in cases of skin diseases, affections of the digestive and intestinal organs, nervous maladies, cardiac affections, etc.

SEASON—From the 1st of June to the 1st of October.

Good hotels, promenades and magnificent mountain excursions; electric railways facilitate excursions in the vicinity.

Distance from Paris 432 miles via Paris, Lyons & Mediterranean Ry.

IN THE SAVOIE ALPS

BOURBON-LANCY (Saône and Loire) is situated at an altitude of 800 feet in a well-sheltered spot.

WATERS—There are 5 saline springs varying in temperature from 82 to 136 degrees F.

TREATMENT—Internal and external.

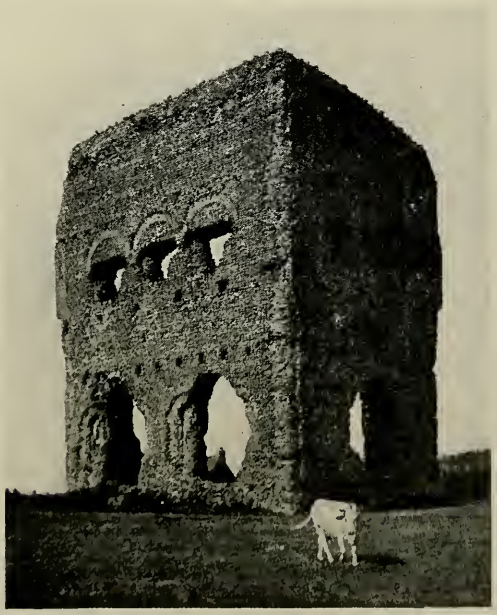
The waters of the "Reine" and "Descures" Springs are used for drinking; external treatment consists of baths and douches in their different forms.

RECOMMENDED for diseases of the heart, rheumatism, affections of the bones and joints, neuralgia, neurosis and nervous troubles generally.

Good hotels, beautiful promenades, daily concerts, etc.

SEASON—From the 15th of May to the 1st of October.

Distance from Paris 222 miles via Paris, Lyons and Mediterranean Ry.



OLD WALLS AND ROMAN REMAINS AT AUTUN (Saône and Loire)

FORGES-LES-EAUX (Seine Inférieure). Altitude 520 feet.

There are three chalybeate springs here.

TREATMENT—Internal and external.

RECOMMENDED in cases of chloremia, dyspepsia, diarrhoea, diabetes, women's diseases, etc.

SEASON—From the 15th of June to the 15th of September.

Good hotels, promenades and miscellaneous attractions.

Distance from Paris 72 miles via French State Ry.

DEPARTURE OF THE FISHING FLEET AT ETAPLES (Seine Inférieure)

CONTREXÉVILLE (Vosges). Situated at an altitude of 1150 feet, is one of the best known and oldest French resorts.

There are several springs, the principal one being the Fountaine de Contrexéville, now better known under the name of the Source du Pavillon; the waters contain sulphate and bicarbonate of lime.

TREATMENT—Almost entirely internal.

RECOMMENDED in cases of liver diseases, diseases of the kidney and bladder, diabetes and gout, gravel and genito-urinary troubles.

SEASON—From the 20th of May to the 20th of September.

Numerous hotels of all classes and every other kind of accommodations; beautiful promenades in surrounding woods; train excursions every week to Gerardmer and Domremy.

Concerts, theatres, open and closed promenades, casino, salles de jeu, tennis, shooting.

Distance from Paris 276 miles via the Eastern Railway of France.

IN THE BEAUTIFUL VOSGES MOUNTAINS

MARTIGNY (Vosges), situated at an altitude of 1250 feet, is an excellent air-cure station.

WATERS—Three springs containing sulphate of calcium with lithium.

TREATMENT—Mainly internal.

The waters have a purgative and diuretic action.

RECOMMENDED in cases of diseases of the urinary channels, gravel, gout, diabetes, liver complaints and diseases of the kidneys and bladder.

SEASON—From the 20th of May to the 20th of September.

There is a large park in which are a number of good hotels, a casino, theatre, etc. All kinds of sports and attractive excursions.

Distance from Paris 282 miles via Eastern Railway of France.

PLOMBIÈRES (Vosges), situated at an altitude of 1300 feet; its fame dates back to Roman Times.

There are twenty-seven thermal springs varying in temperature from 97 to 155 degrees F. and the waters are the most radio-active in France.

TREATMENT—Mainly external.

RECOMMENDED in cases of diseases of the digestive and intestinal organs, nervous diseases, rheumatic affections, diseases of the genito-urinary organs, diseases of the heart, women's diseases, chronic diarrhoea, etc.

SEASON—From May 15th to September 15th, but the Roman bath is open all the year; the cure takes generally from three to four weeks; for certain diseases, two consecutive cures, divided by a short period of rest are taken.

Several first-class hotels and other desirable accommodations are available.

Casino, theatre, salles-de-jeu, grand opera, opera comique; good center for excursions.

Distance from Paris 301 miles by the Nord Railway of France.

TYPICAL VOSGES SCENERY

PANORAMA OF PLOMBIÈRES

VITTEL (Vosges), situated at an altitude of 1100 feet in the beautiful Vosges Mountains.

The thermal establishment is situated in the midst of a large park. There are two springs: the Grande Source and Source Salée.

TREATMENT—Essentially internal.

RECOMMENDED in cases of gout, gravel, etc.

SEASON—From the 25th of May to the 25th of September.

A large number of hotels, villas, furnished rooms; numerous excursions.

Distance from Paris 273 miles via Eastern Railway of France.

THE LAKE OF LONGEMER (Vosges Mountains)

LIST OF RESORTS

recommended for the various cures

Affections of the Bones and Joints—Wounds

Aix-les-Bains
Amélie-les-Bains
Balaruc
Barèges
Bath
Biarritz
Bourbon-Lancy
Bourbon l'Archambault
La Bourboule
Dax
Matlock
Salies de Béarn
Salins-du-Jura
Uriage
Woodhall Spa

Affections of the Heart

Cardiac troubles, Phlebitis, Varix

Bagnoles de l'Orne
Balaruc
Bourbon-Lancy
Droitwich
Evian
Llangammarch Wells
Luxeuil
Plombières
Royal Tunbridge Wells
Royat
St. Gervais
Woodhall Spa

Affections of the Intestines

Enteritis, Constipation, Diarrhoea

Bagnères-de-Bigorre
Bagnoles de l'Orne
Brides
Buxton
Chatel Guyon
Cheltenham
Evian
Forges-les-Eaux
Llandrindod Wells
Luchon
Matlock
Plombières
Pougues
Royat
St. Gervais
Vals
Vichy

Affections of the Kidneys and Bladder

Gravel, Pyelitis, Albuminurie

Buxton
Capvern
Chatel Guyon
Contrexéville
Evian
Llangammarch Wells
Martigny
Matlock
Plombières
St. Amand
St. Nectaire
Vals
Vichy
Vittel

Affections of the Liver

Lithiosis, Cirrhosis, Swamp fever

Brides
Buxton
Capvern
Chatel Guyon
Cheltenham
Contrexéville
Evian
Harrogate
Leamington Spa
Llandrindod Wells
Martigny
Matlock
Pougues
Vals
Vichy

Affections of the Nervous System

Neuralgia, Neurosis

Bagnères-de-Bigorre
Balaruc
Bath
Bourbon-Lancy
Bourbon-l'Archambault
Brides
Buxton
Cauterets
Chatel Guyon
Dax
Droitwich
Lamalou
Luchon
Luxeuil
Matlock
Néris
Plombières
Royal Tunbridge Wells
St. Amand
St. Gervais
St. Sauveur

Affections of the Skin

Allevard
Bagnoles de l'Orne
Barèges
La Bourboule
Cambo
Cauterets
Challes-les-Eaux
Harrogate
Royat
St. Amend
St. Christau
St. Gervais
St. Honoré
Salies de Béarn
Strathpeffer
Uriage
Vals
Vichy

Affections of the Stomach

Dyspepsia, Gastritis

Bagnoles de l'Orne
Buxton
Chatel Guyon
Evian
Llandrindod Wells
Matlock
Plombières
Pougues
Royat
St. Gervais
Vals
Vichy

Affections of the Vocal and Respiratory Organs

Lung and Chest diseases, Bronchitis, Asthma, Laryngitis

Aix-les-Bains
Allevard
Amélie-les-Bains
Bagnères-de-Bigorre
La Bourboule
Cambo
Cauterets
Challes-les-Eaux
Cheltenham
Eaux Bonnes
Luchon
Matlock
Mont Dore
Royal Tunbridge Wells
Royat
St. Gervais
St. Honoré
Salins-du-Jura
Vernet-les-Bains

Chlore Anaemia

La Bourboule
Cauterets
Forges-les-Eaux
Harrogate
Luxeuil
Royal Tunbridge Wells
Royat
St. Nectaire

Diabetes and Gout

Aix-les-Bains
Bath
La Bourboule
Buxton
Capvern
Contrexéville
Droitwich
Evian
Harrogate
Leamington Spa
Martigny
Matlock
Mont Dore
Nantwich
Strathpeffer
Vernet-les-Bains
Vichy
Vittel

Lymphatism and Scrofula

Aix-les-Bains
Amélie-les-Bains
Balaruc
Barèges
Biarritz
Bourbon-l'Archambault
La Bourboule
Cambo
Cauterets
Challes-les-Eaux
Eaux Bonnes
Harrogate
Leamington Spa
Llandrindod Wells
Salies de Béarn
Salins-du-Jura
Strathpeffer
Uriage

Obesity

La Bourboule
Brides
Chatel Guyon
Harrogate
Royal Tunbridge Wells

Paralysis in its Different Forms

Balaruc
St. Amand
Salins-du-Jura

Rheumatism in its Different Forms

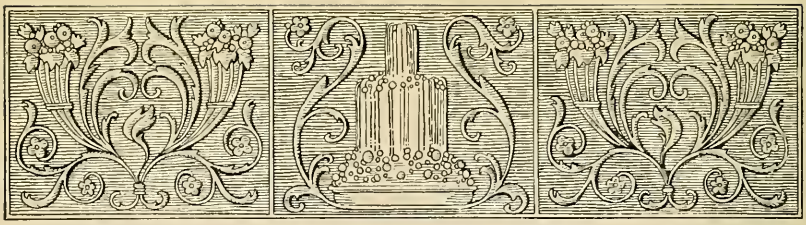
Aix-les-Bains
Allevard
Bagnères-de-Bigorre
Bagnoles de l'Orne
Bath
Bourbon-Lancy
Bourbon-l'Archambault
Buxton
Dax
Droitwich
Harrogate
Lamalou
Leamington Spa
Llangammarch Wells
Luxeuil
Matlock
Mont Dore
Nantwich
Néris
Plombières
St. Amand
St. Honoré
Strathpeffer
Vals
Vernet-les-Bains
Vichy
Woodhall Spa

Specific Diseases

Aix-les-Bains
Barèges
Challes-les-Eaux
Luchon
Salies de Béarn
Woodhall Spa

Women's Diseases

Bagnères-de-Bigorre
Biarritz
Eaux Chandes
Forges-les-Eaux
Luxeuil
Néris
Plombières
St. Amand
St. Nectaire
St. Sauveur
Salies de Béarn
Salins du Jura
Woodhall Spa



THIS booklet would hardly be complete without at least a few remarks about the Cunard Company itself. Established in 1840, its prominence has become worldwide and its history forms part of the world's history for close upon a century.

In contemplating the Company's activities throughout these years, one cannot but be deeply impressed with the progress which it has made, step by step, never relenting in its efforts.

The result, as we see it today, is the great Transportation Company, known throughout the world, and with a reputation amongst the traveling public which is unique.

The efforts which aimed unceasingly to create a fleet, representing the highest standard of perfection, did not halt there; equally unremitting attention being given to the safety, the comfort and the general welfare of every passenger, whether belonging to the Saloon, Cabin or Third Class.

Ocean transportation has, of course, passed through many phases, since the early days of the Cunard Company's career and, as ships go nowadays, the BRITANNIA, which initiated the service on July 4, 1840, was a very small steamer indeed. Her length was 207 feet, her passenger capacity 115, as compared with the AQUITANIA, length 910 feet and passenger capacity 3,250, not including crew numbering a thousand. Yet the BRITANNIA represented the triumph of ship construction of her time, just as much as this is universally

acknowledged to be the case with the AQUITANIA, and as has been the case with all the ships which the Cunard Company has built and added to its fleet.

An attempt to describe the wonders of the AQUITANIA, or the MAURETANIA—the fastest steamer in the world—and all the other numerous and popular ships of the Line would lead too far.

The proportions of the present day Cunard fleet can best be pictured by comparison. During the early years of its existence, the total tonnage of the steamers, which carried on the regular service between Europe and the North American Continent, amounted to barely 5,000 tons, while the total runs into hundreds of thousands of tons today.

The Company has been the principal mail carrier between Europe and America ever since 1840 and in the popular mind is identified chiefly with transatlantic travel. In recent times, however, large additional interests have been developed, both by way of acquiring other existing steamship lines, and by initiating new services. Today the Company's activities cover European Ports, the United States of America, Canada, Australia, India, and by working arrangements with other lines, the Far East, South America, South Africa—in short, the whole world.

The Cunard Line caters to all; to the man of business who wishes to make a quick trip to Europe, or the man of leisure who wants to make a European tour in the Summer; to pleasure and health seekers who wish to cruise in the Mediterranean in the Winter, or the traveler who wishes to make a journey round the world.

All can be taken care of and an excellent Tourist organization is established, where information or advice can be obtained. Travelers may be sure that when using Cunard Steamers they will always meet with the well known and justly reputed "Cunard Service."

Various and many are the booklets and other literature, describing ships and services, which the Company publishes at different times and which may be obtained upon application. Their general merit is such that they will amply repay perusal.

Offices and Agencies are established throughout the world and the Head Office in Liverpool recently erected by the Line is one of the most notable office buildings in Europe and is entirely worthy of the traditions of the Company.

In every way, therefore, "Progress" is still the guiding star of this Company and there is every indication that the Cunard Line will not be satisfied to rest upon the laurels won, but will continue in its efforts, ever mindful to maintain and enhance the great reputation and popularity which it enjoys amongst the traveling public.

R. M. S. BRITANNIA

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R. M. S. AQUITANIA

CUNARD LINE

ESTABLISHED 1840

Head Office: CUNARD BUILDING, PIER HEAD

LIVERPOOL

OFFICES IN THE UNITED STATES AND CANADA

NEW YORK.....21, 24 State Street
BOSTON.....126 State Street
CHICAGO.....S. W. Cor. Dearborn and Randolph Streets
PHILADELPHIA.....1300 Walnut Street
PITTSBURGH.....712 Smithfield Street
ST. LOUIS.....215 S. 10th Street
MINNEAPOLIS.....Metropolitan Life Building
SAN FRANCISCO.....501 Market Street
WINNIPEG, CANADA.....270 Main Street

Fastest Mail and Passenger Service in the World

AQUITANIA MAURETANIA

Regular Passenger, Mail and Cargo Services between

UNITED STATES and EUROPE

CANADA and EUROPE

Through Bookings and

ROUND THE WORLD TOURS

CUNARD TRAVELER CHEQUES

Drafts Money Orders Cable Transfers

General Agents in United States and Canada for the

PENINSULAR and ORIENTAL STEAM NAVIGATION CO.

BRITISH INDIA STEAM NAVIGATION CO.

BIBBY, HENDERSON and KHEDIVIAL MAIL LINES.

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[Cunard S.S. Co.]

Springs of Health. G.B. France

THE INSTITUTION GARDENS ~ BATH

ADELAIDE BRIDGE ~ LEAMINGTON SPA

HEAD OFFICE CUNARD LINE LIVERPOOL

CHAMONIX AND MONT BLANC

HOSPICE GRAND SAINT BERNARD